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WHO'S THE COOL KID NOW? (STILL NOT THIS GUY, BUT...)

BILL GATES AGAIN NAMED RICHEST PERSON IN THE WORLD — SEE WHO CAME CLOSE PAGE 8

Will Icarus fly too close to the sun?

With Huron House closed, owner looks to the gods for culinary rebirth PAGE 3

Groundhogs, the evil liars of the animal kingdom

Londoners likely to face six more weeks of winter, says Environment Canada PAGE 5

'Dangerous escalation' in Ukraine

Ukraine's mission to the UN claims Russia had deployed 16,000 troops in the Crimea region PAGE 6

NEWS WORTH SHARING.

Lights, cameras, infraction!

'Intimidating for the wallet'. Cities with red light cameras give rave reviews that included fewer accidents

London's city councillors are heading down the right path by throwing support behind a plan to roll out red-light cameras at designated intersections by 2017, experts say.

The notion may be new here, but in the handful of Ontario cities and regions that have used them for years, the reviews have been stellar.

Toronto reports a 25 per cent drop in collisions that result in deaths and personal injuries, while those resulting in property damage are down almost 18 per cent. Overall, right-angle collisions (those predominately caused by a driver running a red light) have dropped by more than 60 per cent.

There are 77 red-light cameras in operation in the city.

In Ottawa, 15 red-light cameras are rotated among 33 high-traffic intersections.

Are they worth the hefty price tag of $40,00 to $50,000 for the purchase, installation and ongoing maintenance?

According to the city's website, the answer's a resounding "yes."

During a single five-hour period last year, four major intersections saw about 200 violations between them.

Ottawa police spokesman Const. Chuck Benoit said the cameras have had a positive impact thanks to public awareness and the rather sizeable $325 fine vehicle owners receive in the mail for running a light.

"I think people look at the cost behind it," he said. "It's intimidating for the wallet."

Right-angle collisions decreased by 29 per cent during the first decade of their installation, though rear-end crashes increased.

Region of Waterloo transportation manager Bob Henderson said cameras there have made a significant impact.

"The approximate numbers are a 30 per cent reduction in (right-angle) collisions caused by disobeying the traffic control," he said. SCOTT TAYLOR/METRO

How they work

Red light cameras record the date and time a vehicle crosses the "stop" line at an intersection, how long the red light was active and other information including vehicle speed and licence plate.

More coverage on page 4

'OUR OWN WORST ENEMIES'

London Lightning head coach Micheal Ray Richardson was fired up at Monday's practice, the day after his team dropped its first playoff game to the Brampton A's. Richardson said he will never get used to "a lot of stuff" that has gone wrong with his team this season. Story on page 17.

ANGELA MULLINS/METRO

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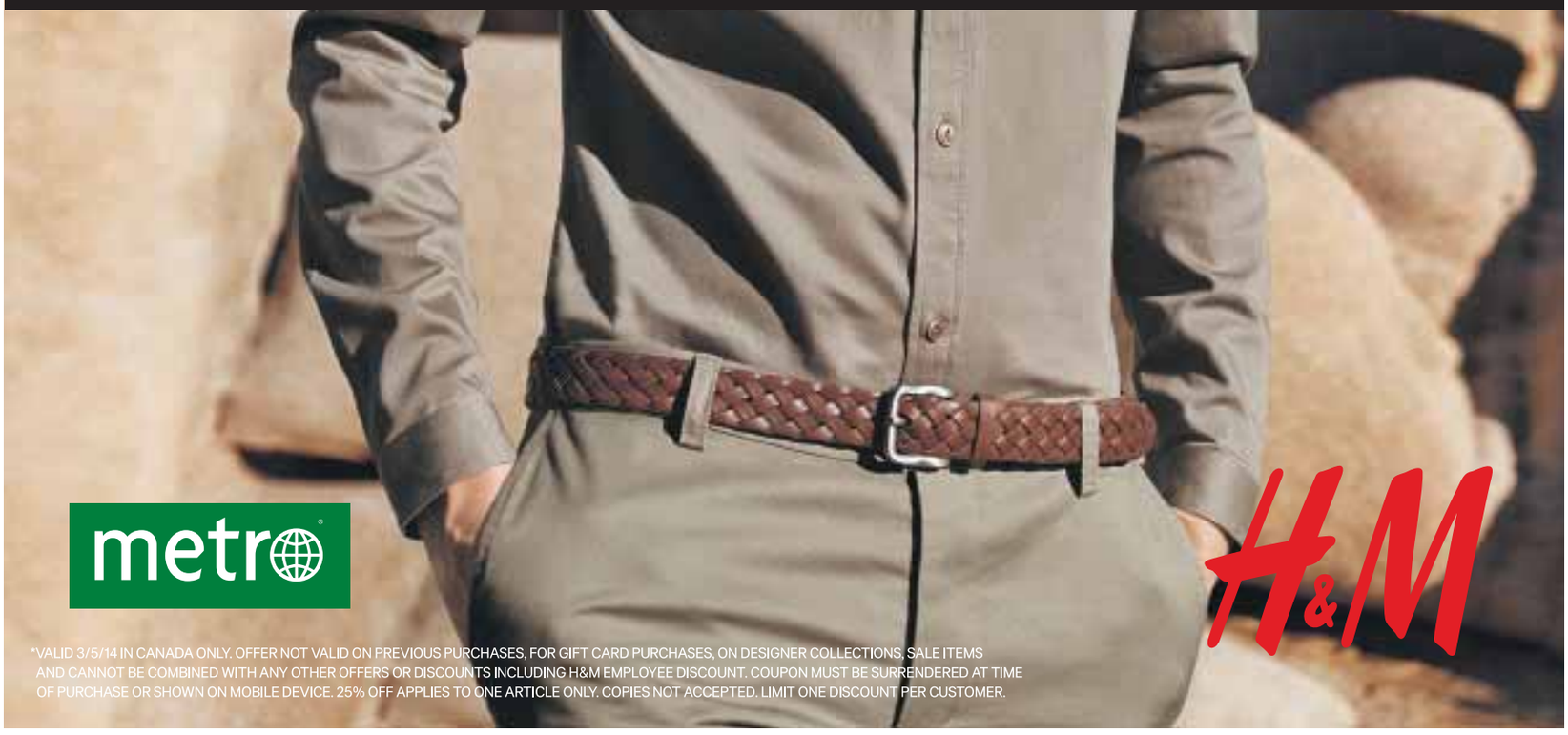

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Declining numbers

Flu fizzling out

It may be cold and miserable outside, but here's the good news: The flu looks to have dealt its final local blows.

Only three new cases of the flu were reported last week to the Middlesex-London Health Unit, bringing this season's grand total to 195 since Sept. 1. Seven deaths have been reported.

The flu hit London the hardest in late December and early January with 105 cases reported between Dec. 22 and Jan. 11.

The numbers dropped in mid-January, and, minus a small spike in early February, have been declining ever since. METRO

Upcoming season

Elvis reborn at The Grand

The Grand Theatre's 2014-15 season is set to roll in with a shimmy and a shake.

A tribute to the King will help open a busy playbill Oct. 14–Nov. 1 when Blue Suede Shoes: The King, The Colonel, The Memories comes to the main stage.

World champion Elvis impersonator Roy LeBlanc will be in town for a story told through the eyes of Elvis's business manager.

Other shows coming in the lineup include the The Addams Family: A New Musical (Sept. 16–27). The show is this year's edition of The Grand's annual High School Musical Project, which showcases the talent of local secondary school students.

BMO Financial Group is the sponsor of the upcoming season. A season sponsor is a first for The Grand. METRO

More than five decades after it opened, the Huron House has closed up shop in northeast London, and the owner of its former location is looking for new tenants.

ANGELA MULLINS/METRO

Huron House closure marks new beginnings

Third generation.
Grandson to open new resto-bar downtown

MIKE DONACHIE
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His family's business may have closed after 51 years, but Zack Agathos is looking forward, not back.

In fact, he's looking straight up, strapping on some wings and thinking of a famous story from the land his grandfather came from.

Speaking Monday, Agathos confirmed the closure of Huron House, the restaurant and community hub his family ran in northeast London. He said it closed earlier this year for business reasons, with the loss of 20 jobs.

"I feel sad for my grandfather," said Agathos, 27. "It's a fact that it was a legacy."

But the younger Agathos, who says he became hooked on the restaurant business at Huron House, said he's looking to the future. In April, he plans to open a new business, Icarus Restobar, downtown.

It's named after the figure from Greek legend who flew too close to the sun, melted the wax holding his wings together and plunged to the ground. Agathos chose the name carefully because he likes a challenge and a risk.

"The story of Icarus, the more I read it, the more I heard it call to me," said Agathos, noting he's confident he has the right skills and the right people advising him, so he doesn't "crash and fall and plummet."

Icarus Restobar is to open at 519 Dundas St., near William Street, with an open kitchen and an emphasis on modern dining. It will have a Greek flavour and more, including celiac and vegan options.

"From inside to outside it's going to have a completely unique effect to it," said Agathos. "It's going to be hands-on and it's going to be memorable."

There are already Twitter, Facebook and Instagram accounts for Icarus Restobar and a website will launch soon.

Huron House history

- Jimmy Agathos arrived in Canada from Greece in 1951 with just a few possessions, spending his first years here working bar jobs.
- In 1963, he remortgaged his house to set up Huron House at Huron Street and Highbury Avenue, working hard to make the restaurant a success. Over the years, it also involved his children, Effie and Ross, who's known as Spyro.
- More recently, the business was run by Agathos' grandson, Zack.

Terror accused donated to Omar Khadr defence fund

An alleged terror conspirator donated hundreds of dollars to a defence fund for Omar Khadr and visited his family in Toronto, an Ottawa courtroom heard on Monday.

Dr. Khurram Syed Sher, a 31-year-old London pathologist accused of conspiring to commit acts of terrorism on Canadian Forces Base Trenton, testified that he donated between $500 and $600 to the Khadr fund in 2010.

Sher said he had visited the Khadr family home to deliver a copy of a letter that Omar had sent to a friend from Guantanamo Bay. Khadr was captured at the age of 15 and detained at Guantanamo for killing an American soldier in Afghanistan during a battle.

Sher had previously testified that he also donated $400 towards charity for "brothers" in Iraq. He said he had given the cash to one of his two alleged co-conspirators, but he said he thought it was charity money for those suffering in Iraq.

During Sher's examination last week, Crown prosecutor Jason Wakely said the funds instead went to the other alleged co-conspirator. Wakely described that alleged co-conspirator as a "dangerous, crazy, radical man," who wanted to fund weapons for mujahedeen fighters.

Sher said it was not until a dinner conversation with his two alleged co-conspirators on July 20, 2010, that he realized the cash was not intended for charity.

Sher had stopped into Ottawa for dinner on his way from Montreal to his new job in London. It was also the same month he visited Khadr's family.

RCMP had bugged the homes, phones and cars of Sher and his two alleged co-conspirators, who cannot be named under a publication ban. This dinner conversation included talk about bomb making and attacking CFB Trenton during a repatriation ceremony.

Sher suggested there was never any serious plan of attack and the conversation descended into a "farce" at the end.

There will be no further evidence presented in Sher's case.

The trial resumes March 31. Closing arguments could be heard at that time.

LUCY SCHOLEY/METRO IN OTTAWA

Khurram Syed Sher outside the Ottawa courthouse.

THE CANADIAN PRESS

Red-light cameras, shown here in Toronto, do more than just snap pictures of licence plates and lead to tickets sent in the mail. They also improve driver habits, a London council committee heard Monday. TORSTAR NEWS SERVICE

Red-light cameras get endorsement

Road safety. Committee approves measure that's already employed in several municipalities

MIKE DONACHIE
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There was unanimous support for red-light cameras at city hall Monday, after an enthusiastic recommendation from a man who knows all about them.

London's roads and transportation director, Edward Soldo, has been here before.

As the wider community debates the possibility of $325 tickets for people who run red lights, Soldo has good reason to be strongly in favour of the camera system that will make it possible.

"I can tell you from first-hand experience myself, having managed the program myself in Halton region when it was first initiated, that red-light cameras do work," Soldo told councillors.

He was speaking at the civic works committee, which voted 4-0 in favour of the idea.

Currently, six municipalities are partnered in a program that runs the cameras. They are Toronto, Hamilton, Halton, Peel, Ottawa and Waterloo, with York working to join them.

But there's more to it than just tickets, said Soldo.

The cameras educate people. They change behaviour, he said, and, with drivers less likely to run a red light anywhere, they improve safety at intersections that don't have cameras.

"Red-light cameras have shown in the past to reduce the severity of accidents and improve overall safety," Soldo said.

City engineer John Braam agreed, adding: "People that know me know that I focus on the safety issues in life."

City staff reckon the cameras will cost $40,000 to $50,000 each, with five to 10 to be introduced at the start, probably in 2017. London's worst intersections will be targeted.

Quoted

"The only people who have anything to fear are the actual lawbreakers."

Coun. Stephen Orser

Left turns

No tickets for turning

A side issue in the red-light cameras debate was brought up at the civic works committee by Coun. Paul Van Meerbergen.

What happens, he asked, if somebody is already in the intersection waiting to turn left, and they drive off as the light turns red?

That's no problem, said city staff. The camera will only catch people who cross the "stop" line on red.

If you're already through, there will be no ticket.

Most councillors openly welcomed the idea.

Coun. Joni Baechler said she had mixed feelings because she's concerned about cameras eroding civil liberties.

Assuming full council agrees with the committee's recommendation, city staff will draw up a business plan in an attempt to join those other seven regions in their camera collaboration.

Time to move over and Share the Road, drivers

Everybody needs some space sometimes, but for two-wheeled travellers it's a matter of life and death.

So, as the popularity of cycling grows in London, moves are afoot to keep cyclists safer.

As part of the wider road-safety strategy by various agencies in London and Middlesex, extra Share the Road warning signs are to be installed in the city and beyond.

Barnadette McCall of the Middlesex-London Health Unit was at city hall Monday to present the idea to council's civic works committee.

"Cyclists using the roads have increasingly expressed concern for their safety when sharing the road with vehicles," McCall told councillors.

She spoke of a need to change the culture on the roads and "make our community more cycle-friendly."

Grassroots groups, local agencies and the province are all working together, she said, on strategies with a variety of measures. But among them is the need for more warning signs.

Now the city is to fund eight to 10 new signs in west London as a pilot project. They will be in place in late April or early May.

There was one brief diversion Monday, when east London Coun. Stephen Orser asked why the pilot was in the west.

"I know that complaints have come from usage groups on the west side but any signage should be shared out equally, citywide," said Orser.

City staff told him the signs scheme will, if successful, be expanded to the entire city.

And roads and transportation director Edward Soldo promised to go to Orser's ward and look at putting more signs in place in the meantime.

MIKE DONACHIE/METRO

By the numbers

1 metre

The distance drivers should allow between their vehicle and a cyclist.

More signs like this are bound for London as a ramped-up effort to make cycling safer takes to the ground. METRO FILE

Breast Fest. London cancer survivor wins film award

London's Emily Beeckmans' courage to bare her soul and herself on film has been recognized by the Breast Fest Film Festival 2014.

Her short film, Mom Has Cancer, was chosen as the best of the fest and will be shown to those attending in Toronto on March 28–April 6.

The $500 grand prize isn't going to change her life, but that was never the goal, she said. Beeckmans only wanted her film to raise awareness that breast cancer doesn't discriminate by age. She was diagnosed three years ago when she was 36, but said women in their 20s are also at risk.

Winning the competition was just a nice byproduct of making her film, she said.

"We're happy we won, but the coverage in regards to raising awareness is more important than anything else," she said. "It's had a really good response from people who want to be involved, while also recognizing that this is an important thing to spread the word about."

Emily Beeckmans with her son and daughter. CONTRIBUTED

To celebrate, the Boston Pizza on Wonderland Road South will have a meet-and-greet event Wednesday from 5:30 to 8 p.m. SCOTT TAYLOR/METRO

Andy Gilpin. Family mourns 1948 Olympian

The family of Olympic gold-medal winner Andy Gilpin has been shocked by his sudden death.

Gilpin, who earned gold at the 1948 Olympics in St. Moritz, Switzerland, as a reserve for the Canadian hockey team, died on Saturday after a short illness.

His death comes less than four weeks after people from across London gathered to remember the 93-year-old's Olympic victory in a public celebration.

He'd had heart trouble for years but was considered healthy. He even walked from his house into the ambulance that had been called as a precaution after he felt "out of sorts," daughter Judy Watson said Monday.

Andy Gilpin

Gilpin's heart stopped on the way to the hospital.

Gilpin, who still skated every week and played hockey until he was 70, was a former Junior A hockey player and a Second World War avionics technician.

"He was just a wonderful dad," said Watson. "Maybe everybody outside knows him for sports, but we just know him as a great dad."

MIKE DONACHIE/METRO

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London Jr. Knights bring home the gold

London has its Olympians, but it also has a team of young hockey players who showed their skills by bringing home gold Sunday from the Ontario Winter Games. The games saw 3,000 elite young athletes compete in 27 sports in and around Bracebridge, Ont. The Major Pee Wee AAA London Jr. Knights beat the Mississauga Rebels in double overtime in the gold-medal game. The team is coached by James Kennedy. CONTRIBUTED

You just can't trust groundhogs ...

Record lows. Frosty temps to continue till mid-April, Environment Canada says

SCOTT TAYLOR
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If Wiarton Willie could've spoken, as he was held high above the gathered masses Feb. 2, he might have quoted from the movie A Few Good Men: "You want the truth? You want the truth? You can't handle the truth!"

That's because the truth, according to Environment Canada's Geoff Coulson, is that Londoners may still be facing another six weeks of winter-like weather before we see anything resembling a warm spring day.

For those scoring at home, that takes us to mid-April.

At least.

Coulson reluctantly shared that news hours after London broke another cold temperature record Monday morning.

"I checked the low temperature for the airport," he said. "It came in at -20.9 C, and the previous record for this day in history was -20.0 C in 1943, so that's a new record."

On tap for Tuesday morning was more of the same. London was once again set to flirt with the record low of -22.8 C set in 1950.

What's worse, when temperatures have warmed up close to seasonal averages they've come with heavy snow. Coulson said that trend might repeat itself Saturday.

"As we've got the milder temperatures, Mother Nature has repaid us with a big storm system and it looks like that trend may continue into this weekend, as well," he said.

A system that's beginning to gather itself in the American southwest could bring snow to London on Saturday.

"We do see temperatures getting closer seasonal values as we head towards the weekend, but unfortunately with that, the chance of being brushed with this storm system," he said.

Highs and lows

Normal temperatures for March 3:

- Low: -2 C
- High: 6 C

What London saw Monday:

- Low: -22.8 C
- High: -13 C

Blame it on the cold

Jump at the pump

It's not enough that London is still slogging through a frigid, seemingly endless winter, but we're actually paying for the privilege, says fuel expert Dan McTeague.

"What's happened is we've seen higher prices for diesel and natural gas and propane and home-heating fuel," said McTeague, who runs the website Tomorrows-GasPriceToday.com. "Refiners are now turning their attention to try to produce more of that high-valued stuff. So that means the gas prices are being impacted, and that's why we're seeing a steady increase, which is not normal at this time of year.

"A lot of it is attributable to the colder weather."

The price is expected to edge up by as much as three cents a litre over the next week or so.

Events in the Ukraine are also a playing a role, McTeague said.

"Don't fool around with this," he said. "You got (Monday and Tuesday, then) Wednesday morning the prices change."

According to McTeague's website, the average price for a litre of fuel in London on Monday was just over $1.27.

SCOTT TAYLOR/METRO

Russia setting agenda in Ukraine

'Dangerous escalation.' U.S. government warned they would hold Russia accountable for threats to Ukraine's navy

Russia called for the adoption of a national unity deal in Ukraine even as it tightened its stranglehold over Crimea, an audacious combination of diplomacy and escalating military pressure.

The U.S. and European Union floundered for solutions — while global markets panicked over the prospect of violent upheaval in the heart of Europe.

Fears grew that the Kremlin might carry out more land grabs in pro-Russian eastern Ukraine, adding urgency to Western efforts to defuse the crisis. U.S. Secretary of State John Kerry was heading to Kyiv in an expression of support for Ukraine's sovereignty, and the EU threatened a raft of punitive measures as it called an emergency summit on Ukraine for Thursday.

But it was Russia that appeared to be driving the agenda.

Foreign Minister Sergey Lavrov said at a UN Human Rights Council session in Geneva that Ukraine should return to an agreement signed last month by pro-Russian President Viktor Yanukovych — but not Moscow — to hold early elections and surrender some powers.

Yanukovych fled the country after sealing the pact with the opposition and foreign ministers of France, Germany and Poland.

"Instead of a promised national unity government," Lavrov said, "a government of the victors has been created."

Fugitive president

Ukraine's mission to the United Nations claimed Monday that 16,000 Russian troops have been deployed in the strategic Crimea region.

- Russia's U.N. ambassador told an emergency Security Council meeting that Ukraine's fugitive president requested them.

Russian President Vladimir Putin, center, Defense Minister Sergei Shoigu, left, and the commander of the Western Military District Anatoly Sidorov, right, go to watch a military exercise near St. Petersburg on Monday. MIKHAIL KLIMENTYEV/PRESIDENTIAL PRESS SERVICE/RIA-NOVOSTI/THE ASSOCIATED PRESS

Meanwhile, Ukrainian authorities said that Russian troops had issued an ultimatum for two Ukrainian warships to surrender or be seized — prompting the country's acting president to accuse Russia of "piracy."

Ukraine's corvette Ternopil and the command ship Slavutych were being blocked by four Russian navy ships in Sevastopol's harbour, a Ukrainian military spokesman said. Acting president Oleksandr Turchynov said commanders and crew were "ready to defend their ships."

Vladimir Anikin, a Russian defence ministry spokesman, dismissed the report of a Russian ultimatum as nonsense but refused to elaborate. THE ASSOCIATED PRESS

Tactics

All's not quiet on the Western front

The U.S and major allies strained on Monday to rally a strong Western front to persuade Russia to step back from a military takeover of Ukraine's strategic Crimea region. But several acknowledged there are few options beyond already-threatened economic and diplomatic penalties, and critics said Obama administration efforts were too little.

U.S. President Barack Obama called the Russian advance in Crimea a violation of international law. He urged Congress to approve an aid package for the Ukrainian government, and repeated earlier threats that the U.S. would take steps to hurt Russia's economy and isolate it diplomatically if President Vladimir Putin does not back down.

Marijuana program 'compromised' by rapid growth: Feds

The unforeseen growth of the federal medical marijuana program has "seriously compromised" the goal of providing the drug to patients while ensuring public safety, the government says.

The number of people authorized to possess — and often grow — marijuana under the federal program has risen to 37,000 this year from fewer than 100 in 2001, resulting in "significant unintended consequences."

In a court document defending imminent changes to the program, the government says growing marijuana at home poses hazards including mould, fire, toxic chemicals and the threat of home invasion by criminals.

It says the number of licensed users could climb as high as 400,000, adding it is not possible for Health Canada to effectively inspect tens of thousands of production sites across the country.

The government also rejects legal arguments that denying people the right to produce their own pot would violate their Charter of Rights guarantee of "security of the person."

Under the existing program, people are issued licences to cultivate marijuana for personal use to help ease painful symptoms. Beginning April 1, the government plans to allow only select commercial producers to grow marijuana under "secure and sanitary conditions" for distribution to approved patients by mail.

In its submission, the government says the new system would allow people who currently grow their own pot to sell seeds to a licensed producer, making it possible for that producer to cultivate a patient's "preferred strain." THE CANADIAN PRESS

Injunction requested

Several B.C. residents are asking the Federal Court of Canada for an injunction that would allow them to continue growing their own pot.

- They argue the planned new system would deny them a safe, affordable supply of the particular strain of marijuana that meets their medical needs.

Air ignorance. Passenger's sexist note sends veteran pilot's anger sky-high

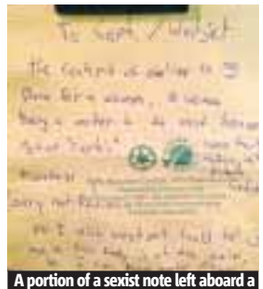
Sexist remarks about a female pilot left on a passenger's napkin aboard a Calgary flight bound for Victoria Sunday have prompted a heated response from the seasoned flier.

Carrie Steacy, a pilot of 17 years who currently works for WestJet, said she was "shocked" when alerted to the message left by someone named "David," who was believed to be seated aboard Flight No. 463.

David wrote that the cockpit of an airplane is "no place for a woman," and asked that WestJet alert him the next time "a fair lady is at the helm, so I can book another flight!"

Steacy didn't take the comments lying down, posting a heated response to her Facebook page that instantly generated hundreds of reposts and comments.

"I respectfully disagree with your opinion that the 'cockpit' (we now call it the flight deck as no c***s are required) is no place for a lady," she said. "In fact, there are no places that are not for ladies anymore."



A portion of a sexist note left aboard a Calgary flight has stirred criticism from the pilot targeted by the remarks. FACEBOOK PHOTO

"I just couldn't believe there are still people in this country that think like that," Steacy told Metro. "It just shocked me."

WestJet was also quick to denounce the comments.

"We take enormous pride in the professionalism, skills and expertise of our pilots and this note is very disappointing," spokesman Robert Palmer said in an emailed statement.

JEREMY NOLAIS/METRO IN CALGARY, WITH FILES FROM EMILY JACKSON

'Rape culture'

Legal threats dropped against Ottawa student union leader

A student union leader at the University of Ottawa is no longer facing legal threats after going public about an online Facebook conversation in which she was the subject of sexually graphic banter.

But Anne-Marie Roy said she's had to grapple with backlash from some who suggest she may be magnifying what she has called a clear example of "rape culture."

"I'm not surprised this is the reaction they're having because rape culture has been so normalized that it's very subtle, it's hard to point out because it's something that we see on a regular basis," the 24-year-old said in an interview on Monday.

"I don't think I'm blowing this out of proportion." THE CANADIAN PRESS

Want to make thousands at home?

Do your research first. Herbalife's posters offer an easy way to make cash, but the company is facing pyramid scheme allegations

JESSICA SMITH CROSS
Metro in Toronto

Have you seen a poster in your neighbourhood offering the chance to work from home?

There's a good chance it's for Herbalife, a behemoth, international, publicly traded multi-level marketing company that's sold weight-loss and health products for more than 30 years.

The flyers don't mention allegations the company is a massive pyramid scheme that could one day collapse or be shut down, putting the fortunes of some of the world's poorest and richest people at stake.

A U.S. senator has called on the Federal Trade Commission to investigate if Herbalife is a pyramid scheme.

The New York Post, citing anonymous sources, reported the Canadian Competition Bureau — Canada's version of the FTC — has launched an investigation of its own, based on Canadians' complaints. The bureau would not confirm an investigation because its investigations are confidential.

There are approximately three million Herbalife distributors in 92 countries across North and South America, Europe, Asia, the Middle East and Africa — with more than 13,000 in Canada.

Distributors make money in two ways. The first is buying the products from Herbalife at a discount from the suggested retail price and reselling them at a profit.

The second is through payments from the company, which include a percentage of the money spent on Herbalife products by the people they recruit to become Herbalife distributors, and the people they in turn recruit, and so on, who are collectively called their "downline."

The company also issues bonuses and all-expenses-paid vacations to certain distributors with high-performing downlines.

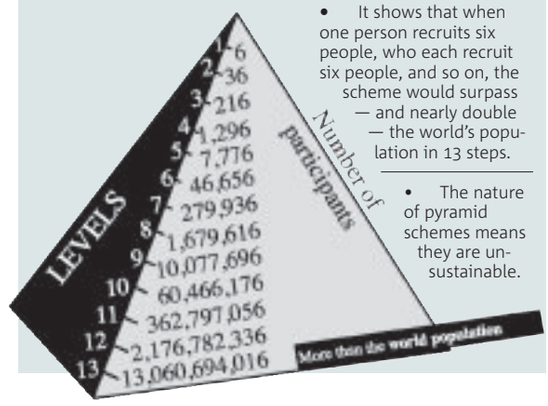
Pyramid schemes, which are illegal in most of the world, including Canada, are a type of fraud that involves participants recruiting more and more participants, where those at the top profit and those at the bottom lose out.

More online

Find out what happened when Metro reporter Jessica Smith Cross went undercover as a prospective Herbalife distributor, at metronews.ca.

Hard to climb a pyramid

This graphic, created by the U.S. Securities and Exchange Commission, illustrates a pyramid scheme.



- It shows that when one person recruits six people, who each recruit six people, and so on, the scheme would surpass — and nearly double — the world's population in 13 steps.
- The nature of pyramid schemes means they are unsustainable.

Hope vs. reality

Reading between Herbalife's lines

If you search for Herbalife online, you can find video testimonials of distributors with their expensive homes and cars.

But do those videos match reality?

To learn how Herbalife works, we called the number from a "WORK FROM HOME" flyer, listened to the pitch and signed up. Here's what we learned about new recruits's high hopes and the reality of Herbalife.

Herbalife hope

• New Herbalife distributors make money by selling the products. They buy product at 75 per cent of its retail price and can make 25 per cent profit.

Herbalife reality

• The profit margin is smaller and depends on where you live and how much product you order at once thanks to taxes and high shipping and handling fees. For example, if a new Toronto-based distributor orders the core products for a customer who pays the retail price of $102.75, the distributor's profit is just $5.95 — a margin of just over five per cent, and doesn't include overhead — such as gas and the cost of putting up flyers or setting up websites to attract customers.

Herbalife hope

• Selling Herbalife products at the suggested retail price is easy.

Herbalife reality

• There are about three million independent Herbalife distributors worldwide and many sell the products on sites such as eBay at significant discounts from the suggested retail price.

Herbalife hope

• Distributors can get a better profit margin — 50 per cent — by becoming a "supervisor" through buying $4,000 worth of product from Herbalife in one month or $2,500 in two consecutive months, and reselling it.

Herbalife reality

• Some Herbalife distributors become a "supervisor" by paying Herbalife $4,000 for a large shipment of product at a discount before they have the customers to sell it to, hoping to turn a greater profit. Former distributors say they've ended up stuck with product they can't sell at a profit, and unload it online.

A screen shot of a Herbalife testimonial from Herbalife Chairman's Club member Doran Andry. In the video, he says: "I step out of the Ferrari, the Bentley, or whatever, and people go — 'what does that guy do for a living?' — and I go, 'I'm a Herbalife independent distributor,' and people are absolutely amazed." YOUTUBE

Herbalife hope

• Herbalife distributors have become wealthy by building up large "downline" organizations.

Herbalife reality

• Only about one per cent of the 13,786 Canadian Herbalife distributors in 2012 made more than $10,000 all year from their "downline" sales organizations. Nine Canadians earned in the hundreds of thousands or millions of dollars.

The vast majority — 96 per cent — of Canadian Herbalife distributors made less than $1,000 from their "downlines."

Herbalife hope

• The people who don't make money just aren't trying hard enough.

Herbalife reality

• Eighty-eight per cent of Canadian distributors collected no payments from Herbalife in 2012. About 17 per cent of the company's total 13,786 Canadian distributors have put in the work to become "sales leaders with a downline" which means they, or someone in their downline, bought a significant amount of product from Herbalife — but three out of four of them made less than $1,000 in compensation in 2012.

Herbalife's response:

"Approximately 70 per cent of Herbalife members join to get a product discount and have no intention of trying to make any money. For the others, Herbalife offers an opportunity to supplement an income or build a business, based on their individual goals and efforts. As part of our commitment to our members, we believe Herbalife sets a new industry standard in terms of its consumer-protection policies, including clear, accurate and timely disclosures to prospective members regarding potential income-generating opportunities; no minimum purchases and low start-up cost; generous refund policies covering the nominally priced start-up kit and resalable product."

Ball's back in Gates' court

Spinning in his favour. Billionaire philanthropist regains title as world's richest, with his net worth estimated at $76B

Warren Buffett watches Bill Gates use an oversize paddle as they play doubles against a table tennis prodigy back in 2012. Gates is once again the world's richest person while Buffet came in fourth place. NATI HARNIK/THE ASSOCIATED PRESS FILE

Microsoft co-founder Bill Gates is back on top of the list of the world's richest people after a four-year hiatus.

Forbes magazine announced its ranking of the world's billionaires Monday.

Gates, who led the list for 15 of the past 20 years, won the spot back from Mexican telecom mogul Carlos Slim Helu, who had topped the list for the past four years. Gates' net worth is estimated at $76 billion US; Slim Helu follows at $72 billion US.

Spanish clothing magnate Amancio Ortega, known for the Zara retail chain, maintained his third-ranked spot and came out ahead of famed U.S. investor Warren Buffett, who ranked fourth. Larry Ellison of Oracle came in fifth.

Forbes says a record 1,645 billionaires made the list this year, with an average net worth of $4.7 billion US. That's up from 1,426 billionaires last year with a net worth of $4.2 billion US. Total net worth of this year's list was $6.4 trillion US, up from $5.4 trillion US last year.

The magazine said that 1,080 of the billionaires were self-made, 207 inherited their wealth and 352 inherited a portion but are still growing it.

The largest net worth gainer on the list was Facebook's Mark Zuckerberg, who more than doubled his fortune to $28.5 billion US as the value of his company's stock soared. He ranks 21st on the list.

The social-media giant helped bring a few notable newcomers to the list, including Facebook's Chief Operating Officer Sheryl Sandberg and WhatsApp founders Jan Koum and Brian Acton, who recently sold their business to Facebook for $19 billion US.

Forbes said 268 billionaires were new to the list, beating out a prior high of 226 newcomers in 2008. And a record number of women made the list this year, with 172 women joining, up 25 per cent from last year.

Altogether 100 people dropped out of the rankings, while 16 passed away. THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.22¢ (-0.08¢)

TSX 14,212.74 (+ 3.15)

OIL $104.92 US (+$2.33)

GOLD $1,350.30 US (+$28.70)

Natural gas: $4.50 US (-$0.19)
Dow Jones: 16,168.03 (-153.68)

Unfair competition?

Supreme Court to look at who gets to whiten teeth

The Supreme Court in the U.S. will examine the North Carolina dental regulatory board's claim that only dentists should be allowed to whiten teeth.

The justices on Monday agreed to hear the state Board of Dental Examiners' challenge to a lower court ruling and an order by the Federal Trade Commission.

The FTC said the board engaged in unfair competition in the market for teeth-whitening services by shutting down businesses such as day spas and tanning booths that offered the service. The board sued the FTC in 2011, saying the agency overstepped its authority. THE ASSOCIATED PRESS

Russia

Turns out invading another country is not good for bottom line

Russia's stock market dropped about 10 per cent on Monday and its currency fell to its lowest point ever against the dollar and the euro as worries grew over the potential economic repercussions of the crisis in neighbouring Ukraine.

Russia intervened over the weekend to take control of Crimea, a Ukrainian peninsula with strategic importance, and the new government in Kyiv fears a wider invasion. The West responded by questioning Russia's membership in the Group of Eight leading industrialized democracies, and the U.S. threatened possible asset freezes and trade penalties. THE ASSOCIATED PRESS

Mansbridge. CBC anchor defends paid speeches

CBC News anchor Peter Mansbridge defended himself Thursday after a report that he made a paid speech to petroleum producers, saying he has never publicly promoted or opposed oilsands development.

"If I leave a speech and those in attendance think they know where I stand on any controversial issue, then they're guessing. Because they won't find it in the words I've spoken," he wrote in a blog post on the CBC website.

"I would not, do not, and have not, given a speech either promoting oilsands development or opposing it."

The anchor of The National said he gives about 20 speeches each year, about half of them unpaid. When he receives a fee, he often donates part or all of the money to charity, he said. THE CANADIAN PRESS

Conflict of interest?

"The problem is in the money received."

Jeffrey Dvorkin, a former managing editor for CBC Radio, told As It Happens

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PROPER SPELLING IS SEXY

SHE SAYS

Jessica Napier
metronews.ca

I was browsing through a popular online dating site on the weekend when I spotted a rather strange request. In the process of completing an online profile, the site asks each new user to share his or her opinion on the concept of "Soul Matess." Incidentally, I think there's something quite sexy about an individual who takes the time to edit his work.

Today happens to be National Grammar Day, a unique holiday that brings together smug copy editors and other faultfinders to celebrate the rules that govern the English language while snickering at the linguistic ineptitude of the general population. And while I think championing proper grammar should be a year-round initiative, it's nice to have a special day for wordsmiths to unite against erroneous writing. For those of us who are afflicted with the nit-picking gene, the world is an upsetting place full of comma splices, dangling modifiers, apostrophe abuse and misspelled words.

Tim Hortons, arguably one of Canada's most iconic and nationalistic institutions, offers a selection of decidedly unpatriotic donuts. "Donuts" is the simplified American spelling of the word, made popular by the Dunkin' Donuts chain of coffee shops. North of the border, we favour the lengthier and more pompous "doughnut" for those delicious ring-shaped pieces of heaven. In this case, a spelling error isn't simply a casual mistake but a purposeful assault on our Canadian pride.

If I'm starting to sound like an insufferable stickler for proper sentence structure, it's because I am. I understand that language changes over time — hyphens are dropped as compound words are fused together, the serial comma falls in and out of favour and slang words such as "buzzworthy" and "selfie" get promoted to Oxford Dictionaries — but that doesn't mean we should throw etiquette out the window when it comes to the written word.

In her book Eats, Shoots & Leaves, writer Lynne Truss champions the important role grammar plays in clarifying meaning and eliminating ambiguity in writing. She notes that punctuation marks can be thought of as the traffic signals of language.

"They tell the reader to slow down, notice this, take a detour, and stop."

It's easy to dismiss stuffy rules about capitalization and grammar in a world that has been infiltrated by expressive emojis, text-speak abbreviations and 140-character limits. But appropriate punctuation is a necessary courtesy; it helps the reader to understand your message clearly and avoid misinterpretation.

Sometimes a well-placed punctuation mark can even mean the difference between life and death. Consider how a comma creates two very different scenarios in the following sentences:

"Let's eat, Mom!"

"Let's eat Mom!"

In this case, Mom would be very grateful for that simple piece of punctuation.

And if periods and semicolons help us navigate the roadways of language, correct spelling ensures that we are driving a car and not riding an elephant.

So the next time you visit your local Tim Hortons, I would ask that you bring along a copy of The Canadian Press Stylebook, highlight the portion that reads "doughnuts (never donuts)," and ask the manager to adjust the menu signage accordingly.

ZOOM

A foxy way to predict weather

JUAN KARITA/THE ASSOCIATED PRESS

Folk science used to optimize harvests

Farmer and traditional meteorologist Francisco Condori measures rain water with a flow meter in Cutusuma, on Lake Titicaca's southern shore in Bolivia. For centuries, farmers in the fragile ecosystems of the high Andes have looked to the behaviour of plants and animals to figure out what crops to grow and when. If reeds dried up in the late summer, rainless weather lay ahead, they believed. If the Andean fox made a howling appearance, abundant rains were thought sure to come.

THE ASSOCIATED PRESS

Birds' nests foretell rain

1.3 feet

This year, birds known as quilli quilli, a diminutive species similar to hummingbirds, built their nests about 40 centimetres (1.3 feet) above the water level. Then they dismantled them twice, finally reweaving their nests at nearly twice their original height, which farmers have used as indicators of how much the lake will rise.

Climate change challenge

"We knew it was going to rain a lot."

Francisco Condori
Traditional meteorologist in Bolivia

And so it did, so much so that rivers in the Amazon basin have flooded their banks, submerging thousands of homes. But reading those signs has become more difficult as climate change alters everything from animal behaviour to the weather.

Clickbait

DYLAN ROBERTSON
Metro Online

ISTOCK IMAGES

Not the best at romance? Keeping up is hard to do. These apps can help you stay on good terms with your sweetie. Yes, these are real apps.

BroApp:
This app will schedule texts to your significant other based on time and your location. For example, "Thinking of you at work" during the lunch hour when you're in the office. ($1.99, iOS)

Romantic Ideas:
This app helps the uncreative come up with date ideas or surprises. Examples include surprise road trips, photo collages and bedroom shenanigans. (free, iOS and Android)

BreakupText or Clean Break Up Texts:
If you have to split, these apps will help you compose a text based on how serious your relationship was, and the reasons you want to break up. (BreakupText: $1.99, iOS; Clean Break Up Texts: free, Android)

Twitter

@Russell_Barth: cannabis tincture

@YouAreMother: a union

@metropicks asked: Twitter will install 19th century log cabins at its headquarters. What 1800s relic do you want at work?

Follow @metropicks and take part in our daily poll.

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Send us your comments: londonletters@metronews.ca

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DVD review

12 Years A Slave

Director. Steve McQueen

Stars. Chiwetel Ejiofor, Michael K. Williams, Lupita Nyong'o

Steve McQueen's superb drama, the newly crowned best picture Oscar winner, doesn't spare the stick, lash or noose in its all-too-faithful recreation of U.S. slave history.

Yet it also finds humanity in one man's determination to free himself and return to his family. There is hope amidst the horror.

The man is Solomon Northup, played with grace, intelligence and strength by Chiwetel Ejiofor (Children of Men). The Oscar-winning screenplay by John Ridley (Red Tails) draws from Northup's bestselling 1853 memoirs of the same name.

Northup is a 19th-century freeborn African-American, a genteel family man living in progressive New York state, who is duped, drugged and abducted by slave traders from the intolerant south. They range from the kindly (Benedict Cumberbatch) to the mercenary (Paul Giamatti) to the downright maniacal (Paul Dano and Michael Fassbender).

Fassbender's Edwin Epps, a Louisiana plantation owner, comes on like a malevolent hurricane, citing holy scripture as justification for his misdeeds. These include illicit sex with a proud young slave woman Patsey (Oscar winner Lupita Nyong'o), whose very presence enrages Epps's wife, Mary (Sarah Paulson).

Brad Pitt's appearance late in the story might be a disruption in a lesser movie. Here he serves as a reminder that nothing could distract us from the exemplary performances of Ejiofor, Fassbender and Nyong'o, or from a film that achieves greatness in its deft balancing of horror and hope.

Extras include several making-of featurettes.

PETER HOWELL

Need For Speed opens next Friday. CONTRIBUTED

From meth to speed: Aaron Paul shifts gears

Need For Speed. Breaking Bad star gets behind the wheel in fast-paced action flick

COLIN MCNEIL
colin.mcneil@metronews.ca

Jesse Pinkman is about to go fast, bitch.

Fresh off the success of Breaking Bad, actor Aaron Paul's latest vehicle is Need for Speed — a high octane action film loosely based on the most successful racing video game franchise of all time.

Alongside Imogen Poots, Paul stars as all-American tough guy Tobey Marshall, a street racer framed for a crime he didn't commit, and ready for revenge in a cross-country race.

The movie features a laundry list of million-dollar play toys on wheels most of us could only dream of: Lamborghinis, Ferraris, McLarens, Porsches, and Bugattis, to name a few.

Paul's character pilots an iconic muscle classic with some 21st century power under the hood — a custom Ford Mustang.

But in real life?

"My first car was an '82 Toyota Corolla," says Paul.

"It was a manual, the second gear didn't work, I had to skip from the first to the third, any time it would rain the trunk would fill up with water.

"I took such good car of that car though, I loved it so much."

I hate to Break it to 'Bad fans, but Tobey Marshall hasn't got much in common with beloved meth-rat Jesse Pinkman, except maybe that bad boy image. "He's got a leather jacket so he's definitely an anti-hero," laughs Paul.

"So did Sandy, from Grease," adds co-star Poots. "I'm just saying."

Going from the intensely character-driven drama of Breaking Bad to a nitro-powered action flick was "like a night and day difference," says Paul.

He credits the film's stuntmen with making his character look badass while he sits back and watches.

"What's hilarious is that they're actually very, very gentle guys," says Poots of the film's stunt performers.

"They're kind of tough on the outside but on the inside they're all kind of…"

"Softies," says Paul.

"Yup," agrees Poots.

But despite the help of badass stunt people, Paul still had to go through an intense driving course to prepare for some of the more hands-on scenes in Need for Speed.

"I learned how to do reverse 180s, drifting around corners, a full 360 while driving and then driving out of it, or drifting to the side and stopping on a mark," he says.

While Paul became an amateur stunt driver in his own right, Poots isn't quite as confident behind the wheel. "I'm not really a car person at all really," she admits. "I have a push-bike, and I'm lacking in a driver's license pretty much all the time.

"I live in Los Angeles, the whole thing [driving] is fundamentally ridiculous."

But all those muscle cars and leather jackets must have had some effect on her. "I've got heaps of balls, as a result of Need for Speed," she laughs.

Quoted

"My first car was an '82 Toyota Corolla. It was a manual, the second gear didn't work, I had to skip from the first to the third; any time it would rain the trunk would fill up with water. I took such good care of that car though. I loved it so much."

Aaron Paul on his introduction to the world of cars

Paul on video games

- **What was it like speaking at E3?** "Terrifying," says Paul. "Standing in front of thousands of people, in front of gamers, it was fun, I mean, it was great, but I was terrified, let's be honest."
- **On the Need for Speed games.** "I definitely had played the game," he says, "I didn't realize they had made 15 of them, and I didn't realize how successful they were. And I knew there was no narrative, so this film was kind of working with a blank canvas."

SCENE

Rappers out of tune with black icons

Disrespect. Musicians' plundering of civil rights legacy creates uproar

In this 1998 file photo, Chuck D from the rap group Public Enemy speaks to Columbia University students in New York. Jermaine Hall, editor-in-chief of Vibe, the hip-hop magazine and website, says, "In the 1980s, whether it was KRS-One, Public Enemy, or the Native Tongues, that entire movement, it was very in tune with black history. They knew everything about Malcolm, about Martin, about Rosa Parks. Now, the new rappers just aren't as in tune." THE ASSOCIATED PRESS FILE

Malcolm X and rap music have always fit together like a needle in the groove, connected by struggle, strength and defiance. But three recent episodes involving the use or misuse of Malcolm and other black icons have raised the question: Has rap lost touch with black history?

Chart-topping rap artist Nicki Minaj provoked widespread outrage with an Instagram post featuring one of black history's most poignant images: Malcolm X peering out the window of his home, rifle in hand, trying to defend his wife and children from firebombs while under surveillance by federal agents. Superimposed on the photo: The title of Minaj's new song, which denigrates certain black men and repeats the N-word 42 times.

That came after Minaj's mentor Lil Wayne recorded a verse last year using the civil rights martyr Emmett Till in a sexual metaphor, and the hip-hop mogul Russell Simmons posted a Harriet Tubman "sex tape" video on his comedy channel.

What is happening to mainstream rap music, which was launched by Simmons and is now ruled by the likes of Minaj and Wayne?

"I don't want to say today's rappers are not educated about black history, but they don't seem as aware as rap generations before them," said Jermaine Hall, editor-in-chief of Vibe, the hip-hop magazine and website.

While previous generations had to struggle with the racism and neglect of the 1970s or the crack epidemic of the 1980s, Hall said, today's young people have not faced the same type of racial struggle — "They're sort of getting further and further away from the civil rights movement."

"In the '80s, whether it was KRS-One, Public Enemy, or the Native Tongues, that entire movement, it was very in tune with black history," Hall said. "They knew everything about Malcolm, about Martin, about Rosa Parks. Now, the new rappers just aren't as in tune."

Indeed, Minaj issued a statement expressing disbelief at the uproar and apologizing to Malcolm's family "if the meaning of the photo was misconstrued." Wayne wrote to the Till family to "acknowledge your hurt, as well as the letter you sent to me via your attorneys." Simmons was the only one to say, "I am sincerely sorry."

The apologies did not change much for Pierre Bennu, a filmmaker and artist who said Malcolm X's life was dedicated to advocating for the humanity of black people, while Minaj's song was simply dehumanizing.

The episode inspired him to post a mash-up video laying Minaj's song over the infamous 1941 Walter Lantz cartoon Scrub Me Mama With a Boogie Beat, which depicts a town of lazy black people hypnotized by a seductive washerwoman.

Paradise Gray, who performed in the 1980s with the Afrocentric rap group X Clan, said, "Mainstream rap music has lost its reverence for anything besides money."

Today's rappers threaten to kill people who disrespect them, "but they sit back and let you disrespect our legacy, our culture, our history," he said.

"What," Gray asked, "will the disrespect of your humanity and your blackness cost you?" THE ASSOCIATED PRESS

Changing values

"Mainstream rap music has lost its reverence for anything besides money."

Paradise Gray, who performed in the 1980s with the Afrocentric rap group X Clan.

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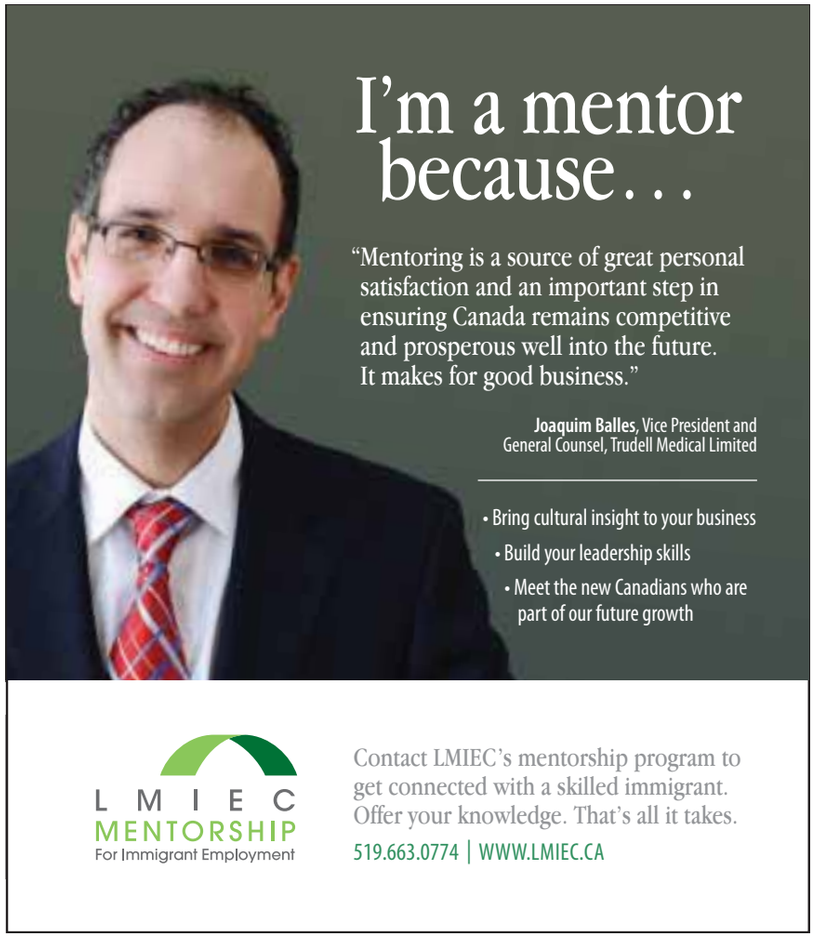
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Leonardo DiCaprio ALL PHOTOS GETTY IMAGES

And the defendant is...: Leo leaves the Oscars with a lawsuit in tow

As if going home from the Oscars empty-handed weren't bad enough, now Leonardo DiCaprio is being sued — along with the other producers of last year's Out of the Furnace — for defamation by members of the Ramapo Mountain, N.J., community, who claim they were painted in an unfair light by the film, according to TMZ.

"Out of the Furnace characterizes the Ramapo Mountain people in an extremely negative manner," the suit alleges. "The Plaintiffs are not the worst people, do not live in trailer homes, are not involved in an underground bare-knuckle fight ring and do not live in a self-contained world of drugs and violence." The film, starring Christian Bale, Woody Harrelson and Casey Affleck, was produced by DiCaprio's company, Appian Way.

Claudia Schiffer

Candied Claudia: So which model made a million for one meal?

Claudia Schiffer cannot be bought, apparently. The supermodel was once offered $1 million by an Arabian prince to join him for a dinner and serve as his "eye candy," she reveals in an interview with Jonathan Ross for his talk show. "It's not all about money," she says. "I just want to be able to walk down the street and be proud of what I do." She also says that another supermodel took the prince up on his offer when she refused, though she won't say who it was.

The Word

30 Seconds 'til I figure this situation out

MELINDA TAUB
Metro World News in New York

Are Jared Leto and Lupita Nyong'o dating or what? The two best supporting Oscar winners are rumoured to be supporting each other, if you know what I mean. Though I'm not sure that I do know. The stunning 12 Years a Slave actress weakly denied the gossip on Ellen last week.

"You know it's crazy 'cause when I read these rumours, they're so detailed that even I start to question whether they're true or not," Nyong'o said. "I know I've believed them in the past and now I guess I can't believe anything."

Her rumored paramour, on the other hand, who won a best supporting actor trophy Sunday night for his role as a transgender AIDS victim in Dallas Buyers Club, announced last night to E!'s Ryan Seacrest that yes, he's dating a best supporting actress nominee — 84-year-old June Squibb.

"Let's put the rumours to rest," he joked with Nebraska star Squibb. "We are indeed dating and it's great."

He added, "I've been having fun. I hope she is, too."

Cute, but Leto should know that I am basically taking all this jokey denial as confirmation that he and Nyong'o really are together. If they're not, they should be. They should at least make their Oscar statues kiss.

George Lopez

A lethargic Lopez tries his luck on a casino carpet

George Lopez was arrested for public intoxication after passing out on the floor of the Caesars Windsor Casino in Windsor, Ont., last week, according to Entertainment Tonight. On the bright side, though, at least the comedian and sitcom star can laugh it off. "Tied one on last night. Not feeling great this morning," he said in a statement the following day. "I was trying to sleep it off. Unfortunately, it was on the casino floor." Lopez was reportedly released without being charged.

Busy Phillips

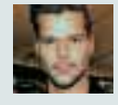
Phillips Busy trying to find Michelle a new man

Busy Phillips is reportedly "desperate to find a man" for pal Michelle Williams, but her judgment might not be the most sound, as the Cougar Town star is apparently trying to push Williams into the newly single arms of Jake Gyllenhaal, according to Radar Online. "Busy's been trying to match-make them for a good year now and got her hopes up when she saw how Jake really became a shoulder to cry on for Michelle at their friend Philip Seymour Hoffman's funeral," a source says. "But despite her efforts, she still hasn't gotten them to go out on a date yet. Busy is not really taking into account that Jake would have an issue with dating the ex of his late close friend Heath (Ledger)." Also, Williams might not be so keen on taking her friend's advice again, as Phillips was reportedly the one who set her up with ex-boyfriend Jason Segel, "who really broke Michelle's heart," another source adds.

Twitter

@justinbieber
Keep the party going

@realjknoxville
Bad Grandpa didn't win for best makeup but i did get a chocolate Oscar to take home.



@ricky_martin
Well I bathed.

Because I'm happy...

Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?" suggests Russ Harris, author of The Illustrated Happiness Trap. ISTOCK

Q&A. While Pharrell's song is making people want to dance in the streets, a new book explains why happiness doesn't always mean good feelings

LASSE EMIL KRISTIANSEN
Metro News in New York City

Happiness is not always about feeling good, says physician and therapist Russ Harris.

He's the author of The Illustrated Happiness Trap, which has illustrations by Bev Aisbett. We talked to Harris about the enigma of that magical "H" word. His attitude on what it means to be truly happy might surprise you.

Can you try to describe what happiness is?

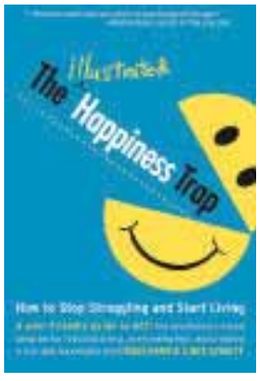
Unfortunately, most people think of happiness as a feeling or emotion. They believe that happiness equates to feeling good. But this common idea of happiness creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — such as building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anxiety, frustration, fear of failure, disappointment, anger, sadness and so on. I would encourage people to redefine happiness as "living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful."

How is this book different from all the other books about happiness?

Well for a start, there's nothing in about "positive thinking" or "positive affirmations" or "challenging negative thoughts." It's based on a scientifically proven model called acceptance and commitment therapy (ACT), which uses cutting-edge psychological methods, especially a mental process known as mindfulness, which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.

Is it normal to have self-doubt on the road to happiness?

Self-doubt is normal and natural, and almost everyone has it to some extent; unfortunately most people don't openly admit to it. If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you possibly not? ACT teaches you how to deal with this through developing mindfulness. In a mental state of mindfulness you can let all those anxious thoughts and feelings flow through you, without getting caught up in them or swept away by them.



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MIND THE APP
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While Minnesota Vikings star Adrian Peterson doesn't workout alongside you in this four-week training course, he does use video effectively to demonstrate exercises for building up speed and strength.

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ARM YOURSELF WITH COLD, FLU WEAPONS

DON'T LET NATURE'S GERMS DEFEAT YOU

Cold and flu viruses are some of the most widespread and adaptable pathogens nature can throw at us. It's impossible to avoid them completely, but you can arm your household with the tools you need to succeed in nature's "germ warfare."

• Sanitize hot spots: Cold and flu viruses are more frequently transmitted from non-porous surfaces, such as plastic, finished wood, and metal. Once a day, use an anti-bacterial wipe to disinfect the frequently touched hard surfaces around your home, including faucet handles, doorknobs, phones, countertops, keyboards, and remote controls.

• Keep hands clean: Because hand-to-hand and hand-to-surface contact are two of the most common ways to spread viruses, frequent hand washing is essential. Also consider getting bottles of hand sanitizer for places far from sinks, such as the car, garage, basement, and high-contact places away from home, like work or the gym.

• Separate the rations: Avoid serving foods communally. Pour snacks into individual containers rather than letting everyone reach into the bag.

• Issue tissues: Sneezing spreads germs quickly. Give your family members tissues to carry with them, and stash boxes or travel packs in key places, like the kitchen, bathrooms, bedrooms, glove boxes, backpacks, and purses. For extra care, check out Puffs Plus® with the Scent of Vicks® non-medicated facial tissue.

• Be faster about first aid: Cold and flu viruses and germs usually enter the body through the nose, mouth, or eyes, but cuts or abrasions also can be an entryway. Treat them with antiseptic, and apply a fresh bandage quickly.

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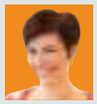
From North Carolina, with love: Seared Scallops with Ragout

Health Solutions

I see your protein and raise you three scallops



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Scallops are one of the fastest weeknight seafoods you can imagine.

They are available frozen year-round. If you buy them on sale and stock up, you can find quite a bargain for your omega-3 buck.

Unlike other frozen seafood, the protein in scallops seems to suffer less damage, netting a nicer texture when thawed then cooked.

Scallops rank around the middle of fishes in omega-3 content but low on the cholesterol, calorie and fat scale, making them excellent health food.

The only trick in cooking them is to pat dry, use a hot pan and don't cook for more than 5 minutes.

Letting them rest before serving helps the scallop to cook through all the way but a little translucence in the centre helps make sure that they aren't like eating erasers.

Three toonie-sized scallops are about 100 calories and yet 18 grams of protein (about one third of a day's requirement).

They also serve up about one-third of your omega-3 needs for the day and a healthy, balanced dose of magnesium, potassium and phosphorus.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

THERESA ALBERT
myfriendinfood.com

You know you're in for a treat when seafood is the speciality at a restaurant. That's the exact case at the historic Carolina Inn in Chapel Hill, N.C.

The walls are lined with historic photos and clippings of important goings on in the south. The dining room is rife with Southern comfort foods, including this recipe for Seared Scallops with Butternut Squash Bacon Ragout, which I adapted from Chef James Clark.

It is quick and simple and the side dish of squash and bacon can be made days in advance and kept for that gastronomic weeknight meal you crave but don't normally have time for.

This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 1 butternut squash (about 4-5 cups cubed)
- 2 strips bacon
- 12 large scallops
- Salt and pepper to taste
- 1 tbsp butter
- 2 shallots, minced
- 2 cloves garlic, minced
- 3 tbsp white wine
- 1/2 bunch chives

1. Peel and chop squash into 1 inch cubes (or use prepared/frozen squash cubes to speed up the dish).

2. In a small pot cover the butternut squash with cold water and place on the stove on high heat and bring to a simmer. Allow to simmer 5-15 minutes until just fork tender but with a little bit of strain and cool.

3. Dice bacon into small cubes and cook in a large sauté pan slowly until crisp. Remove from the heat and drain and reserve the bacon pieces and the drippings separately.

4. Heat the same sauté pan, pat scallops dry with paper towel and season with the salt and pepper, add butter to the pan and place scallops to sear. Once the edges become nice and brown (about 2 mins) turn over and cook 1 min. Then remove and set on paper towels to side in a warm area.

5. In the same pan add back the bacon, shallots and garlic and sauté for a min, then add the squash and the white wine then chives.

6. Place scallops atop a bed of squash. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

FLASH FOOD

From your fridge to your table in 30 minutes or less

No party needed for this cocktail

Ingredients

- Kosher salt
- 2 lemons, quartered
- 2 lbs jumbo shell-on raw shrimp, thawed if frozen

For the sauce:

- 1/2 cup ketchup
- 1/2 cup chili sauce
- Zest and juice of 1 small lemon
- Juice of 1/2 small lime
- 1 heaping tbsp white horseradish
- 1 tsp pureed chipotle peppers in adobo
- 2 tbsp (1 oz) vodka
- 1 tbsp Worcestershire sauce
- Pinch garlic salt
- Celery salt, for serving

1. Fill a large (6- to 8-quart) stockpot halfway with water, then add 2 tablespoons of salt. Bring to a boil. Add the lemons, then return the water to a boil. Add the shrimp, turn off the heat and cover the pot. Leave the shrimp in the water for 2 to 4 minutes, or until cooked through, pink and curled. The larger the shrimp, the longer they will take to cook.

2. Use a slotted spoon to transfer the shrimp to a large bowl. Add enough cold water to cover the shrimp, then stir to cool them. When the shrimp are cool, peel and devein them, then pat them dry and transfer to a platter or plate. Refrigerate until ready to serve.

3. To make the sauce, in a medium non-reactive bowl, mix together the ketchup, chili sauce, lemon juice and zest, lime juice, horseradish, pureed chipotle, vodka, Worcestershire and garlic salt. Taste and adjust seasonings.

4. Sprinkle celery salt around the rim of a serving dish. Transfer the cocktail sauce to a serving bowl and place in the centre of the serving dish. Arrange the chilled shrimp around the edges. **THE ASSOCIATED PRESS**

This Shrimp Cocktail with Bloody Mary Sauce recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Spring training

Peralta's bat just fine in new Cardinals outfit

Jhonny Peralta homered twice against his former team, going deep in his only plate appearances Monday in the St. Louis Cardinals' 8-5 loss to the Detroit Tigers.

Peralta played for the Tigers for 3.5 seasons before signing with St. Louis as a free agent this off-season. He said Cardinals manager Mike Matheny asked a couple days earlier if he wanted to make the spring training trip to Lakeland to face Detroit. Peralta accepted that offer — then made his visit worthwhile with two solo homers off left-hander Drew Smyly.

THE ASSOCIATED PRESS

NHL

Soldier field saps Blackhawks of one of their best

Blackhawks forward Marian Hossa will miss two to three weeks after he left Saturday night's 5-1 victory over Pittsburgh with an upper-body injury.

It was unclear when exactly Hossa was injured. He took a hard hit from Penguins forward Craig Adams during Chicago's second power play of the first period at Soldier Field.

The injury is a big blow for the defending Stanley Cup champions, who lead the league with 213 goals this season. The 35-year-old Hossa has 24 goals and 26 assists in 57 games.

THE ASSOCIATED PRESS

Game 1 loss another first for Lightning

NBL Canada. Push for three-peat has been anything but smooth sailing in London

DAVE LANGFORD
dave.langford@metronews.ca

Lightning coach Micheal Ray Richardson, seen here tossing a jump ball at practice Monday, hopes his team lands the right side of the scoreboard Wednesday in Game 2 of the playoffs. ANGELA MULLINS/METRO

London Lightning head coach Micheal Ray Richardson has had success coaching wherever he has been, including two National Basketball League of Canada titles in as many seasons.

And one of the pluses of finishing on top in the regular season is home-court advantage throughout the playoffs. But by placing third in 2013-14, they started on the road and he admits he's not used to that.

"This year, I haven't been used to a lot of stuff," Richardson said at practice Monday, the day after losing 95-87 in Brampton to the A's in Game 1 of the best-of-five conference semifinal series.

"We open up the season 0-2. In eight years of (coaching) basketball, it's never happened. Then we made six or seven changes. Never happened. Then we lose the (playoff) MVP of the league. But that's basketball."

Richardson said the Lightning were their own "worst enemies" when they missed nine free throws in 30 attempts and could not stop the A's late in Sunday's game.

"They scored eight or nine times in a row, either at the foul line or wide-open jump shots. If you are going to win, you've got to be able to get stops on the road," he said.

Game 2 in the series is Wednesday at Budweiser Gardens at 7 p.m. with the third game Saturday, back in Brampton.

One big change Wednesday is that the two teams will play before a crowd of close to 5,000 after only 200 were on hand Sunday at the Powerade Centre in Brampton.

"(The small crowd) is tough for both teams, so I don't think there is an advantage one way or another. It's always nice to have a full crowd and feed off the atmosphere and everything else," Lightning general manager Taylor Brown said.

Garrett Williamson, the Lightning's top scorer and one of the top scorers in the league, was held to 18 points Sunday, including 6-for-7 from the free-throw line.

"I think that Garrett has to do a better job of getting out on the break a little bit more," Brown said. "He kind of let them dictate what they wanted him to do, and I think that he will snap out of that in the next game and realize he has to attack more."

Official concerns

One of the same complaints heard during the NBL regular season has resurfaced in the playoffs.

- The quality of the officials, who usually work Canadian university basketball, does not seem to be keeping pace with quality of the NBL players and coaches.
- "No comment," Lightning star Garrett Williamson said about the work of the three officials in Game 1.
- "They try their hardest and we have to roll with the punches," Lightning general manager Taylor Brown said. "I don't think the refereeing cost us the game."

Murray miffed by Spezza speculation

Senators brass say they aren't looking to trade away captain Jason Spezza, but that they're looking for a winger to compliment the centre ahead of Wednesday's trade deadline. DARRYL DYCK/THE CANADIAN PRESS

The Ottawa Senators say they have no plans to trade their captain.

Reports surfaced on Monday that the Senators were exploring potential interest in forward Jason Spezza, but shortly afterward Ottawa general manager Bryan Murray refuted those reports.

"The thing that really bothers me, I've got all kinds of calls on that now, and texts on that now, is some guy that I don't know has put it out on Twitter that we're shopping Jason Spezza. Every media guy grabs that and goes with that," said Murray to reporters in Vancouver, where the Senators beat the Canucks 4-2 in Sunday's Heritage Classic outdoor game.

"I had one guy ask if I want to comment to quiet the rumours and I said, 'No.' I'm not going to.... The more I say about it the more it's going to be played over and over in the next couple of days. I'll just say we have not talked, at this point in time, about Jason Spezza."

Leading up to the trade deadline the Senators had been talking about finding a winger for Spezza, not replacing him.

THE CANADIAN PRESS

Uncertainty in Ottawa

"You deserve to be a little bit uneasy, you shouldn't be comfortable with the situation, I'm not comfortable."

Coach Paul MacLean whose inconsistent Sens sit three points out of a playoff spot after 61 games, making it hard to discern if they are a legitimate post-season contender or not.

4 SPORTS

Soccer

Pardew facing ban for head-butt

Newcastle manager Alan Pardew is facing a long stadium ban after being charged Monday by the English Football Association with improper conduct for head-butting opposing player David Meyler of Hull during Saturday's match.

Pardrew has until Thursday to respond to the charge. THE ASSOCIATED PRESS

NHL

Preds' Rinne poised for return

Nashville Predators goaltender Pekka Rinne is expected to start Tuesday against the Pittsburgh Penguins in his return from a hip injury that has limited him to only nine games this season.

Rinne has been recovering from an E. coli infection in his surgically repaired left hip. THE ASSOCIATED PRESS

MLB. Blue Jays become video-review guinea pigs

The first review under Major League Baseball's expanded replay system has taken place and after a further look that took 2.5 minutes, the call stood.

Toronto manager John Gibbons used his challenge to ask umpires to review a play in the sixth inning of Monday's 12-2 loss to Minnesota.

Chris Rahl of the Twins was called safe at first base when shortstop Munenori Kawasaki's throw pulled Jared Goedert off the bag. After a wait of two minutes and 34 seconds, first-base umpire Fieldin Culbreth spread his arms in the safe sign.

THE ASSOCIATED PRESS

Toronto manager John Gibbons FRANK GUNN/THE CANADIAN PRESS

NBA. Even Iverson can't inspire free-falling Sixers

Allen Iverson raised his No. 3 to the rafters and had Sixers fans raising the roof.

The crowd was electric — then the Sixers pulled the plug.

By the fourth quarter, most of the 20,856 fans fled the Wells Fargo Center, the memories of Iverson's homecoming trumping the idea of sticking around to watch the home team limp toward another loss. The few that remained only cheered when the Sixers scored 100 points, netting them some free fast food.

Coach Brett Brown loved Saturday's atmosphere that was pulled straight from 2001.

"You think, 'What can happen if we ever get this right?'" he said.

Can they?

The Sixers (15-45) have been every bit as bad as their preseason billing, and have lost 14 straight games following back-to-back defeats last weekend to Washington and Orlando. They've lost 12 straight at home and are free falling their way toward catching Milwaukee (11-47) for the worst record in the NBA. They had allowed 100-plus points in 13 straight games before Sunday, their longest single-season streak since 1989.

Iverson, one of the 76ers' all-time greats, has tuned out the Sixers as if they were a coach talking about practice.

"It's hard for me to watch Sixers basketball games," Iverson said, "so I don't."

THE ASSOCIATED PRESS

The Philadelphia 76ers raise Alan Iverson's No. 3 jersey to the rafters. MATT SLOCUM/THE ASSOCIATED PRESS

Members of Canada's Team 3 react after a crash during the four-man bobsled heats at the Sochi Olympics on Feb. 22. JULIAN FINNEY/GETTY IMAGES

Overcoming the post-Sochi blues

Olympics. Taking a timeout appears to be best form of medicine

Heading into the Olympics, every single day of an athlete's life is structured.

Then — medal or no medal — that comes to an instant end once they step off the ice or get to the bottom of the hill of their Olympic event.

That makes the weeks and months right after the Games a challenging time for many athletes left with uncertain futures and free time on their hands.

"There's always talk about this post-Olympic lull or depression," said bobsledder Cody Sorensen of Ottawa, who just competed in the Sochi 2014 Games. "For me, it's been the opposite."

He hasn't seen the inside of a gym since the Olympics and his eating and sleeping habits are way off, too.

"It's so liberating," said the 27-year-old from Ottawa.

"I haven't gotten more than four or five hours of sleep a night in the last week but I'm not stressing about it," he said.

Olympic ice dance and team event silver medallists, Tessa Virtue and Scott Moir have also been enjoying a break since the Games.

"That was a pretty good training session," Moir said Monday, after a 20-minute skate at the Harbourfront Centre with elementary school kids in an RBC skate program.

"You get a bit addicted to being in shape and already it feels a bit weird," Moir said. "In the next week we'll be getting back."

The London, Ont., duo are skipping this month's world championships in Japan, in part, to be able to celebrate their silver medals.

"We don't want to miss the opportunities to be part of that bigger Olympic spectrum that goes on past Feb. 22 and into March and April," said Moir.

Alpine snowboarder Caroline Calve of Aylmer, Que., watched Monday's skating from the sidelines with Sorensen, joking that it would be "too dangerous" for the children to have her on the ice.

Calve, who came down with a cold just before leaving for the Olympics, wasn't able to get the podium finish she was looking for in Sochi.

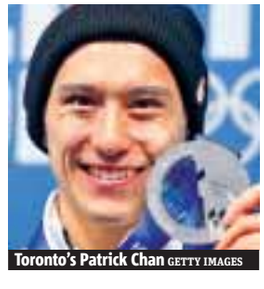
"It's kind of nice to see big smiles on everybody's faces," she said referring to the kids. "It kind of reminds you why you were doing sport in the first place, it wasn't necessarily to win medals, it was to have fun in your life."

TORSTAR NEWS SERVICE

The thrill is gone

"You work four years for one event and then it's suddenly over."

Alpine snowboarder Caroline Calve describes the feeling of letdown in the days following the Olympics.



Toronto's Patrick Chan GETTY IMAGES

Chan out of figure skating worlds

Toronto's Patrick Chan is giving the world championships a miss, but he isn't finished with competitive figure skating just yet.

Chan captured two silver medals at last month's Sochi Winter Games — men's singles and the inaugural team event. But he doesn't have the urge to resume training to defend his world title when the event is held in Saitama, Japan, later this month.

"Honestly, I know in my heart I want to win another world championship . . . I really don't feel like this is the end," Chan said during a conference call. "(After Sochi) I asked myself if I could see myself training at the immediate moment, like right now could I go into training like I did before the Games?"

However, the 23-year-old said he's committed to chasing a fourth world championship at some point.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Not everyone shares your principles and beliefs, so don't take it as a personal affront if others disagree with you today – which they will. Everyone is entitled to their own opinions.

♉ Taurus
April 21 - May 21
You may be tempted to give up on something that just won't go the way you want it to go. Don't. Later this week something will happen that makes you realize that your slow progress is just a blip.

♊ Gemini
May 22 - June 21
The planets warn that if you come on too strong today someone you work with will be so intimidated that in future they will try to keep a distance between you, which is not what you want at all.

♋ Cancer
June 22 - July 23
You have made up your mind about an issue and the more others try to change your mind the more determined you are to follow your own interpretation. Just make sure it's the correct interpretation.

♌ Leo
July 24 - Aug. 23
Someone whose personality is as strong as your own will refuse to follow your lead today and you won't be too happy about it. But what can you do? Let them do their own thing.

♍ Virgo
Aug. 24 - Sept. 23
Try not to waste time and energy on people who are clearly not worth the effort. Certain individuals will always be ungrateful no matter what you do – it's in their nature – so identify them and avoid them, as much as you can.

♎ Libra
Sept. 24 - Oct. 23
Anyone who disagrees with your right to dictate terms will be out in the cold very quickly. Usually you are happy-go-lucky but today the happiest and luckiest people will be those who don't cross you!

♏ Scorpio
Oct. 24 - Nov. 22
Try to avoid petty arguments. Yes, it may look to others as if you are taking the easy way out but the fact is you cannot be bothered to waste time irrelevant issues.

♐ Sagittarius
Nov. 23 - Dec. 21
The situation you have to deal with today is of a kind you would prefer to avoid, but you will find it provides the kind of challenges that require brain power to resolve – and that's the kind you enjoy.

♑ Capricorn
Dec. 22 - Jan. 20
You may lose your temper with a work colleague over the next 24 hours. But don't get so angry that you risk bursting a blood vessel. Why put your health at risk over someone else's stupidity?

♒ Aquarius
Jan. 21 - Feb. 19
You will be a hero to some and a villain to others today – there will be no in between. Whatever you say that causes a fuss don't let anyone tell you that you should keep quiet.

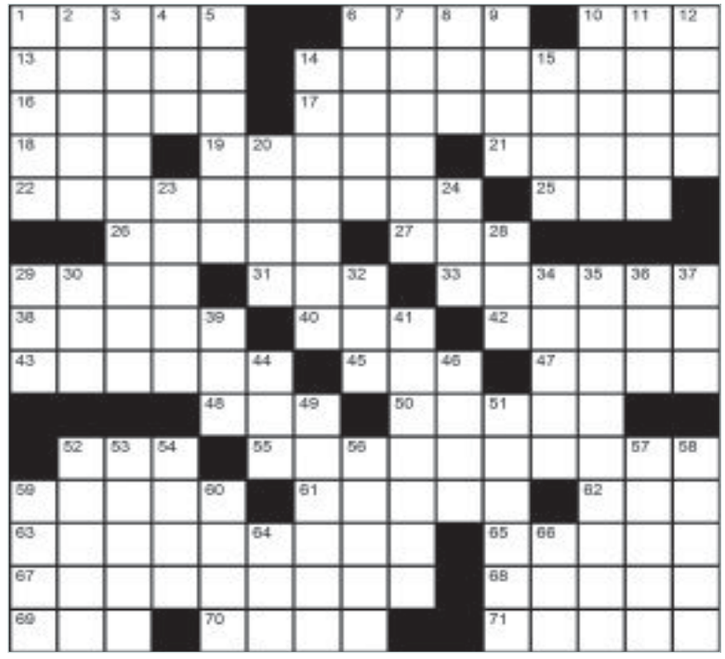
♓ Pisces
Feb. 20 - March 20
The Sun in your sign boosts your confidence and makes you believe that all things are possible – but others, it seems, still need convincing. You can, if you try, win people round to your point of view.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

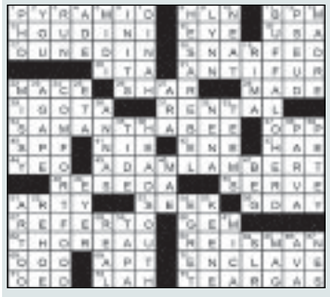
BY KELLY ANN BUCHANAN



Across
1. Desert transport
6. Historic Canadian Louis
10. "Swamp Pawn" channel
13. "Star Trek" role
14. New Orleans carnival: 2 wds.
16. Cow's 'first stomach'
17. Nightclub service: 2 wds.
18. Furniture wood
19. Launch
21. Friends, olden-days style
22. Legendary singer/songwriter/pianist: 2 wds.
25. Joe __ (Canadian who is the Creative Director of ELLE Magazine)
26. New Zealand people
27. Meas. from a circle's centre
29. Old†Testament son
31. PM or Pres., e.g.
33. Pro dancer Mr. Chmerkovskiy
38. Like green-covered stones
40. Conclusion
42. Hawk type
43. Maintenance
45. Meet
47. Microsoft's search engine
48. ABBA song
50. Will, fancy-style
52. HBC part
55. 1987 Sci-Fi movie spoof
59. Ontario: The Cochrane Polar Bear Habitat's bear whose name means 'Snowflake' in Inuktitut
61. Showbiz kid Ms. Willis
62. Mr. Wallace
63. Constellation; or, Gene Roddenberry created TV series
65. Pointed arch
67. April Wine song: 2 wds.
68. Canadian musician Mr. Zappacosta
69. Rapper, __ Rida
70. Auction actions
71. Bible-sounding verb

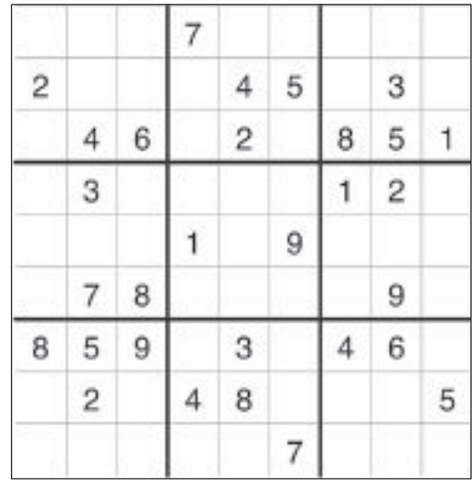
Down
1. Doctor
2. Song from 1961 Elvis movie "Blue Hawaii": "Rock-_-__ Baby"
3. Treasure of ancient Egypt: 2 wds.
4. Bard's 'before'
5. Welcome cry from a ship's crowsnest!: 2 wds.
6. French painter Mr. Dufy (b.1877 - d.1953)
7. More angry
8. Summer hrs. indicator
9. Defeat
10. Greek island
11. Papier-__
12. Frowning-upon sound effects
14. Country music's Martina
15. Robert __, PEI Premier
20. Peer
23. Reason
24. "Cheers" bartender
28. Lightly apply
29. Three-lettered bird
30. Drench
32. Medical pros
34. Samuel Taylor Coleridge poem, __ Khan
35. Bowl of apples painting, for instance: 2 wds.
36. Canadian broadcaster Marci
37. "I'm a __: half man, half dog. I'm my own best friend." — John Candy in #55-Across
39. Not no
41. Vintage Sony CD-player
44. Neg. opposite
46. Yoredom's 'you'
49. Banquet
51. Overseas
52. Commonplace
53. "Then...?": 2 wds.
54. Portable dwelling of Mongolia
56. Luxury cars
57. Mr. Strauss' pants
58. Sugary
59. Sailing spar sort
60. Hoda __ (NBC daytime chat personality)
64. Ath.'s injury scan
66. __ Worm (Toy)

Yesterday's Crossword

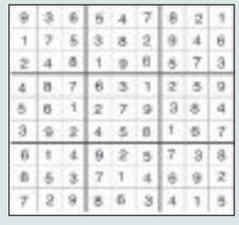


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



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